



BBCNEWSLETTER 2023.10.02

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 42 - For week ending Sun 01OCT2023.

Monday – 10+2 (See Report)

Tuesday – 4 (See Report)

Wednesday – 7+1+1 (See Reports)

Thursday- 1 (See Report)

Friday – 9 (See Report)

Saturday – ? ()

Sunday – 7 (See Reports)

Join our mailing list: bbclubnews@gmail.com

4 Week Free Trial Memberships

[BBC Certificate of Currency](#)

are available to anyone who has not held an AusCycling membership in the last 3 years.

CLICK TO OPEN



BBC MEMBERSHIP & INSURANCE

KEY: GREEN(slow) BLUE(med-fast)

UPCOMING EVENTS

CLICK ON EVENT TO OPEN

WOODBURN

OCT Tue 3rd 7AM. Coles, Fox St.

TUCKEAN ISLAND RD MTB

OCT Wed 4th 7 AM Wardell, Fitzroy Park.

WARDELL LOOPS

OCT Fri 6th 7AM. Coles, Fox St.

BROADWATER

OCT Sun 8th 7AM. Coles, Fox St.

TIME TRIAL TRAINING

OCT Sun 8th 2PM. Empire Vale School.

MOYLANS-WARDELL

OCT Mon 9th 7AM Coles, Fox St.

100-MILER see below

OCT Sun 22nd 6AM Henry Rous Tavern

Monday Report

- Peter & David

I rode with Marc from his place at about 7AM, and headed south without a plan other than we were not in a hurry. Marc is a fitter than me and at times I struggled just to keep pace, especially the first part of the ride to Wardell via Blackwall Drive.

At Wardell, instead of going farther south, it was decided to head back via River Drive. However, we included two side roads to make the ride farther. These were to Patches Beach and the loop from Moylans Lane. This second half of the ride was easier and pleasant, since we were busy chatting and catching up with each other's life. When we reached the ferry, we caught up with the Old Farts. We all went to the Proper Cafe for coffee and chats.

- Peter



David's Report: 10 riders got together and stayed as a group all the way down River Road and Moylans Lane. With the help of a tailwind we were able to increase the pace for the return journey. It was very pleasing that all riders maintained a good pace in both directions. As usual there was a breakaway group that contested the COFFEE CUP from the ferry to the Proper Cafe so the arrivals at the cafe were slightly staggered.

Tuesday Report - David

Four riders joined in which was very good for everyone. Michael, Richard, Gavin and Dave. We ran a very fast pace with a tailwind down the freeway to Broadwater and only slowed a bit for the trip through Evans Head to Woodburn. After coffee and muffins we braved the Co-op magpie by carrying sticks along Kilgin Road. The fast pace earlier began to tell on Gavin and Richard but we were helped by another tailwind. We followed Bagotville Road and Wardell Road to Wardell and River Road to the Ferry. The faster riders were careful to maintain a practical pace so we all arrived together at the ferry. The total distance back to the start was very close to 100km so it was a good training ride for the 100 miler. A very pleasing ride. - David

Wednesday Report - Peter & Shorty

I was running late and missed the start of the ride, but caught up with six other riders along Kalinga Street. At the end of the street, three (Richard s, Jack and Buster) turned left to the ferry. I followed the other three (Stuart, 2Bob and Tom) to the right for the usual Houghlahans ride route.



Continued...

Entering in Teven Road, during morning traffic, has always been a risky hassle. But that was not the case today _ it was an easy crossing of the Bruxner Highway. There wasn't much traffic for the rest of the ride. The only other hassle for the others was my slow hill climbing.

I found out while ascending that I could not select granny-gear. Tom came to the rescue via cable-tension adjustment, which helped for awhile. Later it got worse, and by the time I got back home my eleven-speed became a nine-speed. I took the bike to The Bicycle Emporium for repair and they soon discovered that the gearing cable was severely frayed down to only three strands. After a new cable, all is back to brand new. Thank you Rhys and Mark.

Back to the ride; during our return trip along Tamarind Drive we saw Richard Hughes heading the other way. I yelled out to him as way passed each other. He must be training to get ready for his mammoth 9,000 km ride across Africa next year.

The other group told me they had an enjoyable ride to Wardell and back. Both Buster and Jack, on e-bikes, led most of the way. The seven of us met at the Proper Cafe at about the same time. The main discussion points, over coffee, were the upcoming YES/NO vote; and about animals and vets.



- Peter

Thank you Shorty for your report. 'On Wednesday 27th September, I rode solo south down the highway pass New Italy, for a distance of 110ks. The wind was very kind both ways. Enjoyed coffee and a Danish before riding home'.

- Shorty

Thursday Report

- Peter

I rode solo. Hardly anybody from the club rides on Thursdays for some reason. It's been like that for years. However, I am on a mission to lose my obesity (there you are, I said it). Saying 'to lose weight' does not mean much if I am a little over peak performance weight, but I am WAY overweight. Seeing my picture at our last time trial training ride really slapped me in the face: "Wake up sleepy head!" As I said, my mission is to ride as often as I can. It helps me, including better foods, to lose all that FAT.

Enough of that! The ride to Wardell and back was done in slow sufferance. The crosswind, from the east, was reasonable strong enough to never see me reach 29 kph. Along the way to Wardell via River Drive, I recognised a few solo riders; Craig, Lorry, and an Alstonville rider _ they usually ride alone anyway. I also saw a demolition team breaking up all the larger pieces of a house, so to fit in the dump truck. It was a bit sad for me because the house was now unrecognisable and for the life of me I cannot remember what it used to look like, even after riding passed it for nearly 20 years.



The trip back got darker by the minute. The wind was picking up speed with a few minor unsettling gusts. It looked as if it would rain as I got closer to the ferry. I heard claps of thunder, and spotted a few lightning strikes to. Being a tall guy on a bike I cannot help think that I am a travelling lightning rod. While waiting for the ferry, I was growing impatient with the ferry. Though the road was wet I was still dry. It must have gotten dark here when it rained, the ferry lights were still on.

Friday Report

- Peter



I wanted to ride this morning but my body thought differently, so I said "Shut up body!" Nine riders turned up. We stuck together until the on-ramp to the expressway, where Marc waved the next rider to take over, but that person reneged on etiquette. It was at this moment that Tom attacked from mid-pack up the ramp. I was the last rider, and as soon as Tom pulled out of the ranks I too charged after him. Marc saw Tom opening the gap quickly and he got out of the saddle to chase Tom down. Soon it was just the three of us hitting it out 31-34 kph all the way to the ferry.

I was the anchor for this trio _ I wish I wasn't. I hate holding others back. Marc dropped me twice. Both Tom and Marc gave me a minute to get my breathe back and keep restart the pace again. By the time we got back to the Proper Cafe, I was properly decaffeinated, and mildly aching all over again.

The only person who is kind enough to give me a ride report from the Old Farts (OFs) is David, but when he is absent there's not a whisper. However, We noticed that both Jack and Bob with their e-bikes had not arrived with the OFs. After enquiring we soon found out that Jack had battery problems near Fishery Creek Bridge _ Bod was giving Jack a hand.



Sunday Report

- Peter

I started my ride with an upset tummy, but I thought it might go away while riding. Richard, Tony, Peter O, Tom, Jack, and Bob rode to Broadwater (as far as I know). From the start it was clear that there were two ride routes between Wardell and Broadwater. The Blackwall Drive route taken by the slower riders is about 17km return to Wardell. The faster guys were to take the Bagotville Road route which is an extra 12 kms (29 kms). Naturally, to meet the slower guys back at the cafe requires the faster guys to start riding from the start at a goodly pace.

I started the ride at 26 kph, but nobody followed. I rode to the end of Kalinga street at 27-28 kph and I was still alone. So at the Expressway I upped the anti with still some leverage for others to catch me while riding 32-33 kph in a tailwind, but I arrived at Wardell on my own. By this time my upset my

stomach ache got worse. I waited, ate some dried fruit, and had a drink. Rode around looking for the others, but still nobody turned up. So I headed back home again.

BALLINA BICYCLE CLUB AGM

- Richard Hughes

Dear Ballina Bicycle Club Members and Fellow Cyclists.

The Ballina Bicycle Club will be holding their Annual General Meeting (AGM) at 6pm on Wednesday 15 November 2023 at Henry Rous Tavern on the corner of Moon and Bentick Streets in Ballina.

All current financial members of the Ballina Bicycle Club are invited to attend.

All positions for the committee of the Ballina Bicycle Club will be declared open and all interested members who would like to contribute to the future direction and day-to-day running of the club are encouraged to nominate for the committee.

The nomination form is attached. Nominations should be returned to info@ballinabicycleclub.com.au, dropped into the Bicycle Emporium, 158 River Street Ballina or posted to Ballina Bicycle Club PO Box 1215 Ballina NSW 2478, and be received by Wednesday 7 November 2023. If you need the nomination form signed by a nominator please drop it into the Bicycle Emporium and we will arrange for a current member to sign the form.

Should you have any questions regarding committee roles, please feel free to contact the current committee by email: info@ballinabicycleclub.com.au

Interested cyclists can join the Ballina Bicycle Club [here](#). Be sure to nominate Ballina Bicycle Club when joining.

- Cheers, Richard Hughes (Secretary)

To get a copy of the nomination form:

<https://docs.google.com/document/d/1LqUeeibquVXisLO8I6pYeGIPHZNA6iUw/edit?usp=sharing&oid=101323183464390353320&rtpof=true&sd=true>

100 MILER 2023

The 100 MILER has been running for many years now. The main goal is to ride the complete route (see map*) of about 160 kilometres. Actually, the original ride started from Shaws Bay Resort Park. For some reason, the ride starts closer into Ballina town and the resulting distance is short by several kilometres.

The ride starts 6AM from the car park behind The Henry Rous Tavern, on Sunday 22nd of October.

Route Map: <https://drive.google.com/file/d/1YBkw94uvw4Bhim7jBQI805ii18iWgvh7/view?usp=sharing>

For more information, please contact David Cowdery: divec@ozemail.com.au

6-DAY BALLINA (FORECAST). Click image to open METEYE (2478 for Ballina).



Forecast for Ballina

	Tue. 3 Oct	Wed. 4 Oct	Thu. 5 Oct	Fri. 6 Oct	Sat. 7 Oct	Sun. 8 Oct
Max (°C)	26	26	27	24	21	21
Min (°C)	14	16	17	12	13	12
Chance of rain (%)	5	40	50	20	60	40
Rainfall range (mm)	0	0 to 1	0 to 3	0	0 to 5	0 to 2

OTHER BITS & PIECES Click on the 2 images below to open



UPCOMING BBC EVENTS

Time Trial Training ride: October, Sunday 8th 2PM. Empire Vale School.

Vintage Bike Ride: October, Sunday 15th 7AM. Car park behind the Henry Rous Tavern.

100 MILER: October, Sunday 22nd 6AM. Car park behind the Henry Rous Tavern.

AGM & Committee Meeting: November, Wednesday 15th 6PM. Henry Rous Tavern.

Where to Race

Here are a few links for our racing club members to represent our club in:

Byron Bay <https://www.byronbaycycleclub.org.au/home-1> and/or

<https://www.facebook.com/byronbaycycleclub/>

Yamba <https://yambacc.tidyhq.com/> and/or <https://www.facebook.com/YambaCC/>

Murwillumbah <https://murwillumbah.tidyhq.com/> and/or <https://www.facebook.com/MurbahCycleClub/>

Grafton <https://graffon.tidyhq.com/> and/or <https://www.facebook.com/graffoncycleclub/>

Where to Trail Ride

Here are a few links for our MTB club members to represent our club in:

Kyogle MTB Club: <https://www.facebook.com/kyoglemountainbikeclub>

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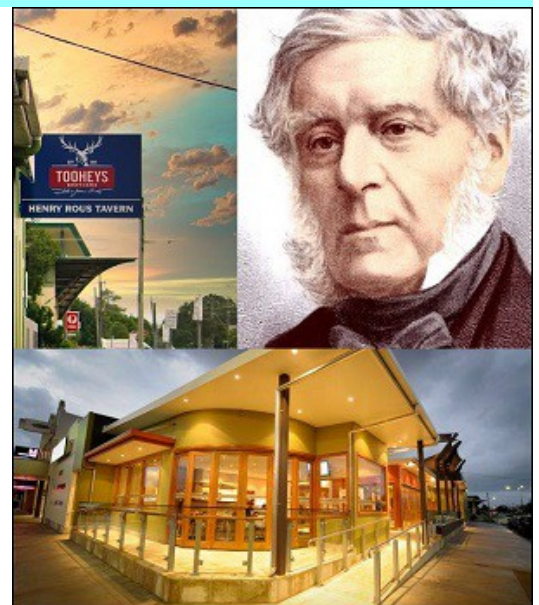
THE BICYCLE EMPORIUM

158 River Street Ballina

<http://thebicycleemporium.com.au/index.html>

Subscribe to their newsletter:

<https://www.thebicycleemporium.com.au/>

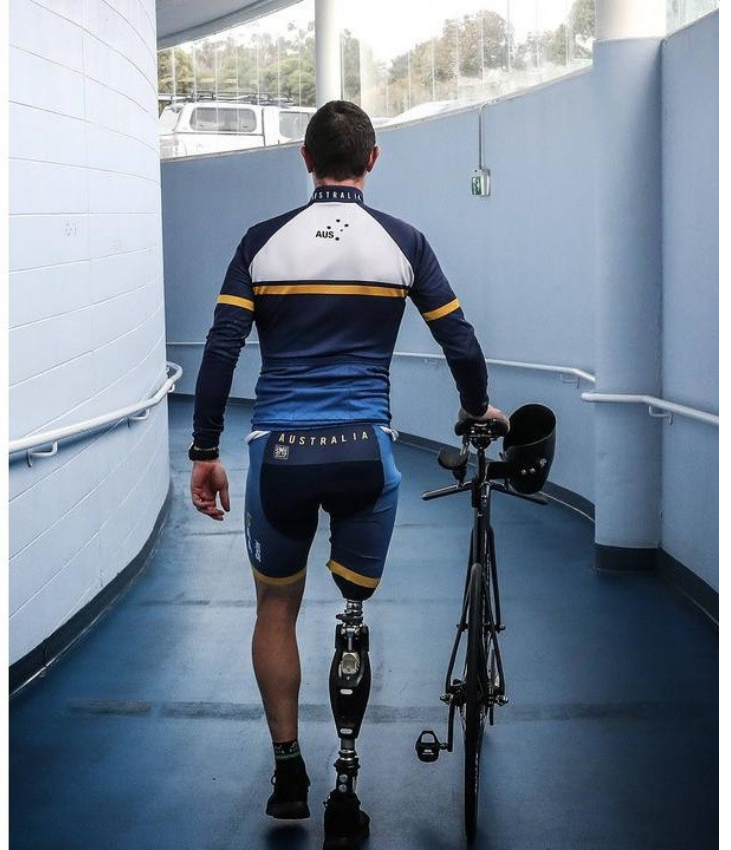


THE HENRY ROUS TAVERN

177 River Street Ballina

<https://www.henryrous.com.au>

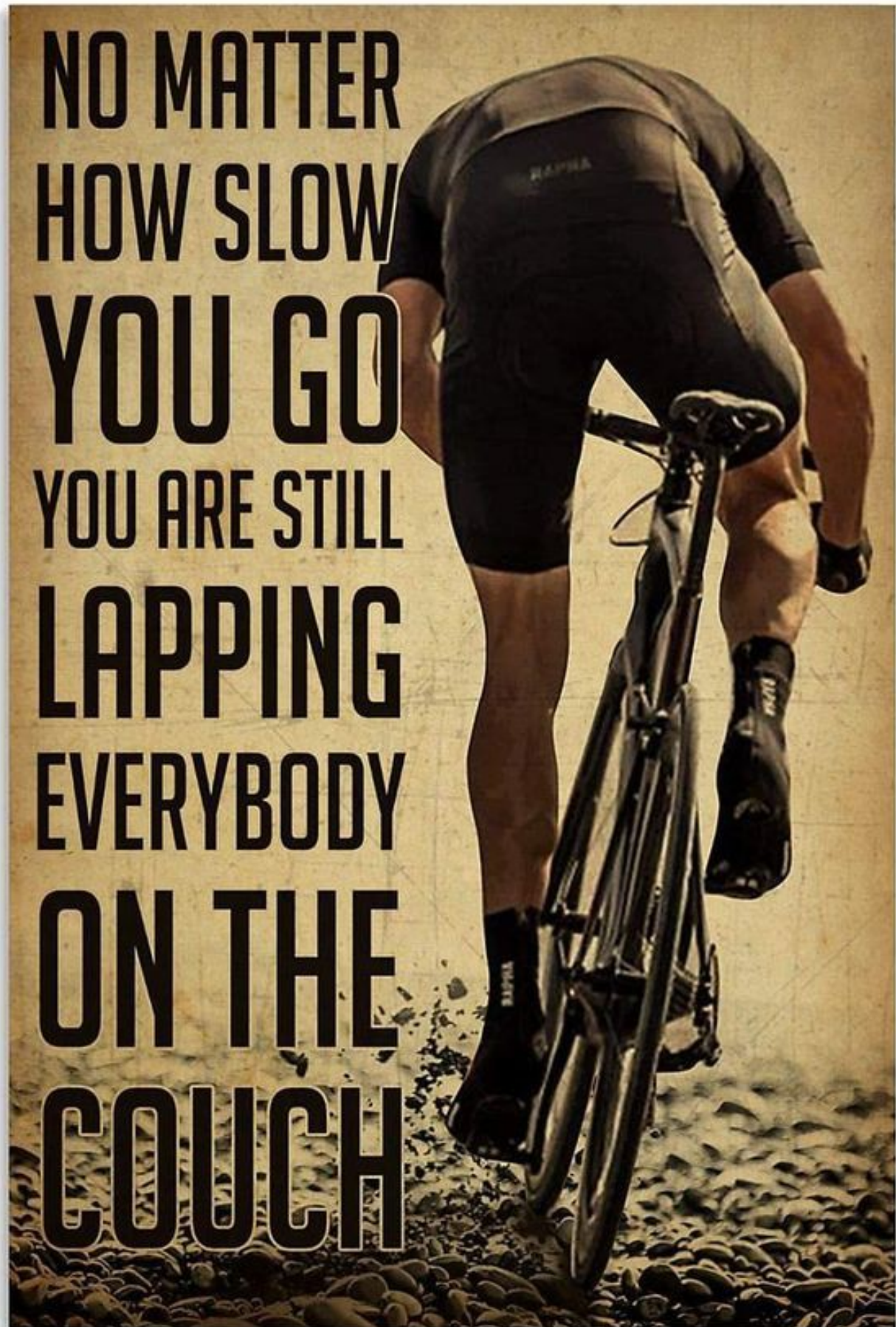
SPOT THE DIFFERENCE The right-hand image has 10 alterations. Can you spot them?



Answer: <https://drive.google.com/file/d/1WKKeM6Z-rvqm5c5n8P9J8lmZE5CYt7SF/view?usp=sharing>



Poster contributed by Richard Brown (Shorty)



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